



SUPPORT GROUPS

Afghan Women's Support Group

Women discuss daily challenges and learn to make jewelry.

Sponsor: Afghan Coalition

When: Tuesdays, 1 - 3 p.m.

Where: FRC #D460

Contact: Seema Farhad, 510-745-1680

Fremont Yoga for Kids with Special Needs

A class to help kids with special needs cultivate a habit of exercising, stretching and meditation so that they acquire skills to ease anxiety levels and practice self-control. For kids 7 years and older who have special needs.

Sponsor: Friends of Children with Special Needs & 4C's

When: Fridays, 4:30 - 5:30 p.m.

Where: FRC #H800, Pacific Room

Contact: Daisy Teng, 510-739-6900

Autism Support Group

For parents of children 0-8 years old who have ASD.

Sponsor: Family Resource Network, 4C's of Alameda County & First 5 Alameda County

When: 3rd Wednesdays, 6:30-8pm

Where: FRC #C320, Enterprise Room

Contact: Family Resource Network 510-547-7322



Teen Support Group

Weekly group for teens aged 13-17 challenged by gangs, drugs or alcohol.

Sponsor: Youth on the Move

When: Thursdays, 7:30 - 9 p.m.

Where: FRC #H810, Mediterranean

Contact: Leticia Moreno, 510-472-2498



Tri-Cities Peer Support Group for Persons with Disabilities

Drop-in peer group for persons with disabilities to share info and resources, learn about other agencies and services, and to socialize and get support.

Sponsor: CRIL

When: 1st and 3rd Tuesdays of the month, 2 - 3:30 p.m.

Where: FRC #H810, Mediterranean

Contact: CRIL, 510-794-5735

WRAP - Wellness Recovery Action Plan Group

A weekly group that helps individuals develop strategies to cope with life challenges.

Sponsors: Tri-City Community Support Center and PEERS (Peers Envisioning and Engaging in Recovery Services)

When: Fridays, 3 - 5 p.m.

Where: FRC #H810, Mediterranean

Contact: 510-795-2478

WORKSHOPS

Afghan Coalition

ESL Classes for Afghan women who are victims of domestic violence.

When: Wednesdays, 11:00-1:00pm

Where: FRC #D460

Contact: Seema, 510-745-1680

ESL Classes for men

When: Thursdays, 9:45am - 11:45am

Where: FRC, #D460

Contact: Seema, 510-745-1680

Community Resources for Independent Living (CRIL)

Housing Workshop for Persons with Disabilities

An introduction to the process of searching for below market rate rental housing in the county. Come and get tips, advice and support to help start your search. Open to persons with disabilities and seniors and their families or caregivers. **Registration required.**

When: April 9, May 14, or Jun 11, 2012

Time: 2:00-4:00pm

Where: FRC Enterprise Room, #C320

Contact: CRIL, 510-257-5943 to register



Homecare Worker Class

Provides 24 total hours of instruction on how to provide homecare and personal assistance. Class will teach how to support person with disabilities and other functional limitations to live successfully at home. Registration Required

When: April 18 – June 6, 2012

Time: 2-5pm

Where: FRC Millennium Room, #A120

Fee: \$75.00

Partial scholarships available. Contact Esperanza Diaz-Alvarez, (510) 881-5743 ext 5938 or email: Esperanza.Diaz-Alvarez@cril-online.org

Disability Action Network (D.A.N)

People with disabilities who work together for better health care, access, housing and other changes.

When: 1st Tuesdays, 3:30 - 5 pm

Where: Fremont Main Library
2400 Stevenson Boulevard,
Fukaya Room

Contact: Jessica, 510-881-5743

Disability Action Network for Youth (D.A.N.Y.)

Youth with disabilities working for change, sharing experience and building leadership and pride.

When: Call Jamie at 510-709-5845 or Dolores (510) 881-5743 x5921 for dates and times.

Where: Fremont Main Library
2400 Stevenson Boulevard

FRC SPARKPoint & Legal Programs

Financial Counseling

Counselors are available to assist you with your financial planning, credit issues, credit repair, debt reduction, banking services, saving & budgeting strategies and retirement planning.

When: By appointment only

Where: FRC Suite #A110

Contact: 510-574-2020

Tax Preparation Service

Free tax assistance with filing previous years' taxes, plus IRS advocacy and resolution.

When: By appointment only

Where: FRC Suite #A110

Contact: 510-574-2020

CalFresh (formerly Food Stamps) Application Clinic

Laid off or low income? Need money for groceries? Some eligibility rules were waived in Feb 2011 making it easier for more people to qualify. If you are single and make less than \$1180 a month (or \$2,422/month for a family of four), have one U.S. citizen or legal permanent resident in your household, you may be eligible for CalFresh benefits. Call for more information or an appointment.

When: By appointment only

Where: FRC Welcome Center

Contact: 510-574-2000

Legal Aid Clinic

Monthly clinics conducted by Bay Area Legal Aid to offer referrals and advice on civil legal problems in the areas of housing, public benefits, health care access, youth justice, domestic violence with related family law issues and consumer law. Application forms available at the FRC Welcome Center and income eligibility applies. Call for info or appointment.

When: 3rd Thursday of every month
1-4pm, by appointment only.

Where: FRC Welcome Center

Contact: 510-574-2000



Tri-Cities One-Stop Career Center - EDD

Job Search Services

This is a self-directed career resource center with access to internet, computers, laser printer, phones, fax machine, and copier, plus current job openings and reference materials. Monthly Office and ProNet Workshop Calendars are available at the front desk in FRC Suite #B200.

EDD Main: 510-794-3669

ProNet is a non-profit network for professionals who are job hunting.

You must arrive 20-30 minutes before workshop in FRC Suite #B200 and check in at the front desk. **No late admissions.**

